

ABSTRACT

Pengaruh Pemberian Coklat terhadap Pengurangan Nyeri Menstruasi pada Remaja

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Background: According to the Indonesian Ministry of Health in 2016 the prevalence of young women in Indonesia who experience menstrual pain is around 55% (Susanti, et al, 2018). Meanwhile, according to research by Fatmawati, et al (2016) the incidence of menstrual pain in adolescents in Central Java reaches 56%. Based on a preliminary study conducted by researchers on December 5 2022 at MTS Al mukmin Cemani Grogol Sukoharjo. Information obtained 6 out of 10 students said they experienced menstrual pain at the start of menstruation and felt lazy to move, weak body and easily tired. So from the results of the information obtained, efforts are needed to reduce menstrual pain by giving chocolate to eliminate its effects.

Objective: To find out whether there is an effect of giving chocolate on relaxing menstrual pain in class VII MTS Al mukmin Cemani Grogol Sukoharjo.

Research method: This research method is quantitative while the type of research used is pre experimental research with a one group pretest posttest design. The population in this study were students of class VII MTS Al Mukmin Cemani Grogol Sukoharjo with a sample of 30 samples.

Results and discussion: This study used the Paired T Test statistical test for pain reduction in 20 respondents after being given chocolate, 20 respondents who experienced pain, with an average pre-test of 3.10 and a mean of post-test of 1.10 so that a p-value was obtained (asymp.sig 2-tailed) of 0.000 <0.05 this means that H0 is rejected and H1 is accepted. H1 is accepted, meaning that there is a significant effect before and after being given chocolate on changes in pain reduction

Conclusion: There is an effect of giving chocolate on reducing the intensity of menstrual pain as evidenced by the results of the analysis of the p value (0.000) < the value of α (0.05)

Kata Kunci: *Coklat, Menstruasi, Remaja*

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